

Lower your
prediabetes
risk.

I did.



In an [Towns] lifestyle change program

Having gestational diabetes when I was pregnant isn't the only reason I'm at high risk for prediabetes. But my kids are the reason I joined the CDC-recognized lifestyle change program in my community. It's a circle of support that's helped me eat healthier, exercise more, and make small, lifelong changes for the better. It feels great.

- Get effective, evidence-based tools and tips
- Work one-on-one with a trained lifestyle coach
- Find online/in-person guidance and support
- Reduce stress and improve your whole health

[Program Name]

(XXX) XXX-XXXX

XX Street St.
Town, Wisconsin
XXXXX

PreventDiabetesWI.org



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